Level 4 CrossFit Seattle

LEVEL 3

A	BLUE Level 3 advanced athlete	B	BLUE Level 3 advanced athlete	C	BLUE Level 3 advanced athlete
hips	***single leg squats:*** 8/leg ***barbell squats:*** 20 × .85 bodyweight ***barbell squats:*** 3 × 1.25 bodyweight ***deadlift:*** 3 × 1.75 bodyweight	**hips**	***single leg squats:*** 15/leg ***barbell squats:*** 20 × .9 bodyweight ***barbell squats:*** 3 × 1.35 bodyweight ***deadlift:*** 3 × 1.9 bodyweight	**hips**	***single leg squats:*** 20/leg ***barbell squats:*** 20 × .95 bodyweight ***barbell squats:*** 3 × 1.5 bodyweight ***deadlift:*** 3 × 2 bodyweight
push	***ring deep push ups:*** 3 ***ring push-ups:*** 25 ***one arm push-ups:*** 3/arm ***dips:*** 15 ***ring dips:*** 8 ***weighted ring dips:*** 3 + .4 bodyweight ***military press:*** 3 × .65 bodyweight ***free standing handstand:*** :30 hold ***free standing headstand push-up:*** 3	**push**	***ring deep push ups:*** 5 ***ring push ups:*** 30 ***one arm push-ups:*** 5/arm ***dips:*** 20 ***ring dips:*** 12 ***weighted ring dips:*** 3 + .5 bodyweight ***military press:*** 3 × .7 bodyweight ***free standing handstand:*** 1:00 hold ***free standing headstand push-up:*** 8	**push**	***ring deep push ups:*** 8 ***one arm push-ups:*** 8/arm ***dips:*** 25 ***ring dips:*** 15 ***weighted rings dips:*** 3 + .6 bodyweight ***ring deep dips:*** 3 ***military press:*** 3 × .75 bodyweight ***free standing handstand:*** 1:30 hold ***free standing headstand push-up:*** 15
pull	***pull-ups:*** 15 ***chest to bar chin-ups:*** 8 ***weighted pull-ups:*** 3 + .5 bodyweight ***muscle-up:*** 5 ***archer ring rows:*** 5/side ***rope pull-ups:*** 12 ***rope climb:*** ↑↓ 20', no feet ***bent over row:*** 5 × .9 bodyweight	**pull**	***pull-ups:*** 20 ***chest to bar chin-ups:*** 12 ***weighted pull-ups:*** 3 + .65 bodyweight ***muscle-up:*** 8 ***archer ring rows:*** 8/8 ***rope pull-ups:*** 15 ***L-sit rope climb:*** ↑ 20' ***rope climb:*** ↑↓↑ 20', no feet ***bent over row:*** 5 × 1 bodyweight	**pull**	***pull-ups:*** 25 ***chest to bar chin-ups:*** 15 ***weighted pull-ups:*** 3 + .8 bodyweight ***muscle up:*** 12 ***archer ring pull-ups:*** 3/3 ***archer ring rows:*** 12/12 ***rope pull-ups:*** 20 ***L-sit rope climb:*** ↑↓ 20' ***rope climb:*** ↑↓↑↓ 20', no feet ***back lever hold:*** :05 ***bent over row:*** 5 × 1.1 bodyweight
core	***overhead squat:*** 10 × .6 bodyweight ***stall bar straight leg raise:*** 3 ***rings L-sit:*** :30 hold ***knee ab roll-out*** × 12	**core**	***overhead squat:*** 10 × .8 bodyweight ***stall bar straight leg raise:*** 8 ***rings L-sit:*** :45 hold ***full ab roll-out*** × 3	**core**	***overhead squat:*** 10 × .9 bodyweight ***stall bar straight leg raise:*** 15 ***rings L-sit:*** 1:00 hold ***full ab roll-out*** × 5
work	***barbell thrusters:*** 45 × .55 bodyweight ***2 kettlebell clean & jerk:*** 20 women 16Kg, men 20Kg ***500 meter row:*** women 1:50 men 1:32 ***5 Km run:*** 21:30	**work**	***barbell thrusters:*** 50 × .55 bodyweight ***2 kettlebell clean & jerk:*** 35 women 16Kg, men 20Kg ***2000 meter row:*** women 8:00 men 6:40 ***5 Km run:*** 20:30	**work**	***barbell thruster:*** 50 × .6 bodyweight ***2 kettlebell clean & jerk:*** 50 women 16Kg, men 20Kg ***row:*** 5k row for women at 21:00 6k row for men at 21:45 ***5 Km run:*** 19:30
speed	***400 meter run:*** 1:19 minutes ***barbell clean:*** 3 × .8 bodyweight ***barbell snatch:*** 3 × .6 bodyweight	**speed**	***800 meter run:*** 2:50 minutes ***barbell clean:*** 3 × .9 bodyweight ***barbell snatch:*** 3 × .7 bodyweight	**speed**	***1 mile run:*** 6 minutes ***barbell clean:*** 3 × 1 bodyweight ***barbell snatch:*** 3 × .75 bodyweight

Created by: David Werner

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